

Your AI-Generated Schedule

Time	Task	Duration	Notes
09:30	Breakfast & Commute Home	30 min	Prepare and eat breakfast, travel home.
10:00	Full Body Gym Workout	1h 30 min	Strength training session as per plan.
11:30	Lunch & Relaxation	1h	Eat lunch, relax and unwind.
12:30	Grocery Shopping/ Errands	1h	Complete necessary errands.
13:30	Meal Prep	1h	Prepare meals for the next day or two.
14:30	Free Time/Personal Activities	2h	Engage in hobbies, relaxation or personal tasks.
16:30	Dinner	30 min	Prepare and eat dinner.
17:00	Evening Study Session	1h 30 min	Review notes from classes, complete assignments.
18:30	Evening Relaxation	1h	Relax before bed, read, watch TV.
19:30	Prepare for Bed	30 min	Shower, prepare for sleep.
20:00	Sleep	8h	Aim for 8 hours of sleep for optimal recovery.